

In the Laurentians

22% of adults have symptoms of

**generalised anxiety
or major depression**

46% of 18 to 24 year-olds

12% of seniors 65 years or over



BECOME a Pathfinder

Help individuals and our community to deal with the **impacts of the pandemic**

Promote self-care and the **care of others**

Reach all age groups and communities

WHO

People who are **involved in our community**

People who **care about the well-being of others**

WHEN

During your **daily activities**

For the year **2022**

A PATHFINDER'S ROLE

- **To adopt a caring attitude** and an ability to listen and to show empathy
- **To recognise signs of stress** and to share helpful strategies
- **To share tips, advice and resources**
- **To be the eyes and ears of your community** and to connect with the relay team

YOU WILL BE SUPPORTED by a relay team

of CISSS careworkers whose role will be to :

- **Promote mental health,** self-care and the care of others
- **Accompany and support the Pathfinders;** Enrich their knowledge of resources and services
- **Gather information on worrisome situations** Raised by the Pathfinders and ensure the follow-up
- **Facilitate relations** between the wider community, community organisations and the clinical community

Training and Tools

A short training and tools are there to support you!

Click here to join the
Pathfinders

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec